

**Ham Radio Antenna Prep / Assembly of Combined EVA Cluster in DC-1**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–08:00		Work prep
08:00–08:15		Daily planning conference ( <i>S-band</i> )
08:15–08:25	FE-1	Inspection of ???-1 separator
08:15–09:00	CDR, FE-2	EVA Support Panels (??-2) in DC-1 and ?? : timer swap
09:00–10:15	CDR, FE-2	Ham radio antenna prep. Tagup with specialist
08:25–09:05	FE-1	Maintenance of ???
09:05–10:35		Physical exercise (RED)
10:15–10:35	CDR, FE-2	Video downlink: ham radio prep / tagup with ground specialist ( <i>Ku-band</i> )
10:35–12:00	FE-2	Physical exercise (RED)
10:35–11:35	CDR	Physical exercise (cycle-1)
10:35–11:35	FE-1	Physical exercise (TVIS)
11:35–11:50		Food questionnaire
12:00–13:00		LUNCH
13:00–14:00		EVA timeline review / tagup with ground specialist
14:00–16:25	CDR, FE-2	Assembly of combined EVA cluster in DC-1 / tagup with ground specialist
14:00–18:00	FE-1	ITCS filter install
16:25–16:45	CDR	Video downlink: combined EVA cluster assembly / tagup with ground specialist ( <i>Ku-band</i> ) (backup option: live video feed via LIV SECAM on Orbit 2122/16)
16:25–17:25	FE-2	Physical exercise (TVIS)
16:45–17:00	CDR	Assembly of combined EVA cluster in DC-1 (end)
17:25–17:55	CDR, FE-2 (assist)	?? -6: Hand cycle ergometry ? <sub>0</sub> =17:31
17:55–18:55	CDR	Physical exercise (TVIS-1)
18:00–18:15	FE-1	Payload status check
18:00–18:15	FE-2	Food questionnaire
18:15–18:45	FE-1, FE-2	Daily plan review
18:45–19:15	FE-1, FE-2	Work prep
18:55–19:15	CDR	
19:15–19:30		Evening DPC ( <i>S-band</i> )
19:30–20:00		Daily food prep
20:00–20:30		DINNER
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities

End of radiogram